

Center for Spiritual Living, Santa Rosa

May 26, 2019

Today's Message

Inner Peace

Dr. Edward Viljoen

At the Center Today

- **Meditation**, 9:35 to 9:50 am,
Richard Leo Meditation Room
- **Youth Classes**, 10 am and 11:30 am,
Rooms 1 and 2
- **Teen Group**, 11:15 am, North Wing
- **Grief and Loss Spiritual Support**,
12:45 pm, Room 8 (upstairs)
- **Sunday Evening Explorations**,
7 to 8 pm, Room 11. See column 2.

Monday, May 27

Office and Store Closed for Memorial Day Holiday

- **Heart Coherence Meditation**,
7 to 8 pm, Room 11 (North Wing)

Tuesday, May 28

- **Science of Mind/12-Step Support
Group**, 7 to 8 pm, Room 11

Wednesday, May 29

- **Chair Yoga with William Abel**,
10 to 11 am, Grinton Chapel.
- **Meditation**, 6:15 to 6:50 pm,
Richard Leo Meditation Room
(upstairs)
- **Kirtan**, 7 pm, Sanctuary. See col. 2.

Friday, May 31

- **Author Event**, 7 pm, Sanctuary. See
column 3.

Saturday, June 1

- **Project Sleep Warm**, 10 am, Room 7
(upstairs). See column 3.
- **Saturday Meditation Group**, 10 am,
Richard Leo Meditation Room
(upstairs)
- **A Course in Miracles Drop-in Study
Group**, 11 am, Room 3
- **Days for Girls**, 2 to 5 pm, Room 7
(upstairs). See page 2.

Board Meetings

Our Board of Trustees meets once a month at 6 pm. You are invited to attend. The next meeting is on Thursday, June 27 in Rooms 1 and 2.

May Nonprofit Partner

Sonoma Land Trust, conserving scenic, natural, agricultural, and open land for the future of Sonoma County. Learn more at www.sonomalandtrust.org.

Spirituality in Action

May 2019 • Compassion • "I Care for the Poor"



I saw a cartoon strip in which a little girl looks up at her father, who is reading the newspaper, and says, "Dad, you have to listen to me with your eyes as well as your ears." Listening for me is something that requires a conscious choice to go beyond the surface experience of hearing words. It means to listen to the message of what is being said between and beyond the words.

I think that people who have trained themselves to truly hear what others are saying are in possession of tremendous personal strength and become amazingly helpful, even influential among friends and colleagues.

I think that people who have trained themselves to listen to what Life is saying are in possession of tremendous personal power and become more trusting of their intuition because they have learned to go beyond the surface, and catch the vision of what is the highest good for all concerned.

Blessings,

Edward Viljoen

Sunday Evening Explorations

Tonight from 7 to 8 pm, in Room 11.

If you would like to explore our teaching, Science of Mind, in an intimate setting where you are seen, heard, and valued, consider Sunday Evening Explorations tonight with Elias Owens, RScP. He will be leading a discussion entitled "The Least of These: The Teachings of Jesus on Compassion." Everyone is welcome.

Adaptive Yoga:

New Five-Week Series

Begins this Tuesday, May 28 from 10:15 to 11:30 am in Room 11. This slow-moving class, taught by Brenda Kobrin, RScP, RYT, is for people with balance and mobility issues such as MS or Parkinson's. The fee is \$62. To register, call Brenda at 707-280-9680 or e-mail YogaWithBrendaKobrin@gmail.com.

Kirtan with Mangalananda

This Wednesday, May 29, 7 pm.



Kirtan is the traditional Indian practice of chanting healing sound formulas or mantras. Acharya Mangalananda and his group of talented musicians put these mantras to beautiful, singable melodies, full of joy and grace. All are welcome. Love offerings gratefully received.

Summer Education

There are still two four-week courses available for registration. Siota Belle's **Undiscovered Country** meets on

Saturdays from 10 am to 12 noon beginning June 15; Dr. Kim Kaiser's **Ten Effortless Spiritual Practices** meets on Tuesdays from 7 to 9:15 pm beginning July 9. Register online 24/7 at www.cslsr.org. In the Quick Links box, click on "Online Class Registration."



Author Event M.J. Ryan

This Friday, May 31, at 7 pm. M.J. Ryan, author of *Radical Generosity*, will discuss the many facets of generosity, why generosity is so

good for us, and simple techniques for cultivating this remarkable human quality to experience greater joy and connectedness. This is a free event. No need to register.

ManSpirit Retreat

Early Bird Discount (\$50 off) ends this Saturday, June 1. The retreat runs from Friday, Sept. 13 through Sun., Sept. 15. Location is Walker Creek Ranch in Petaluma. For details, visit the ManSpirit table in the Social Hall today. Online registration is available 24/7 at steppingstonesbooksandgifts.org. Click on Classes/Workshops/Events.

Project Sleep Warm

This Saturday, June 1, from 10 am to 1 pm in Room 7 (upstairs). We meet on the first Saturday of the month to make quilts, sleeping bags, and knitted teddy bears for local homeless women and children. Even if you don't sew or knit, we

will teach you what to do. Information:
kobrin.brenda@gmail.com

Days for Girls

Sewing and Kit Assembly

This Saturday, June 1, from 2 to 5 pm.
Join us in Room 7 (upstairs) to sew and assemble reusable menstrual kits for girls in developing countries so they can be in school or at work all month long.
Information: brenda.kobrin@gmail.com.

Anniversary Raffle and Silent Auction

In the Social Hall today through Sunday, June 9, you can buy tickets (\$1 each or 6 for \$5) for raffle items and also place bids for silent auction items. Thanks to everyone who donated the goods and services for this amazing fundraiser to benefit the Center.

Upstairs in the Mezzanine

Seeing the Divine

Through the Lens of Visual Art

Now featuring the art of Gail Mardfin.

If you are an artist and would like to learn more about this program, please contact Bob Hart at rihart9@gmail.com or stop by the Information Table.

New Six-Week Series

Wisdom Healing Qigong



Begins Tue., June 11, from 5 to 6:30 pm in Waggoner Hall. Join Peter Stickney, RScP, to learn the three foundational WHQ practices: awakening vitality, lift chi up pour chi down, and sound healing. The fee is \$60. Register online or in the Social Hall.

Reduced Price Tickets for "A Chorus Line"

Transcendence Theatre, a former nonprofit partner of the Center, is offering reduced price tickets for their June 21 performance of "A Chorus Line." You can get details and order tickets online at www.broadwaycsl.com or at their table in the Social Hall today.

Mediumship: Connecting with Your Loved Ones

Fri., June 28, from 6:30 to 9:30 pm.
Karen Peterson will answer questions, explain the process of psychic communication, and bring messages through from your loved ones and pets. Limited seating. Tickets are \$50.

Featured Volunteer



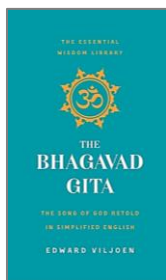
Dan Jensen

Dan first came to our teaching when he attended a memorial service in San Diego. Rev Kathy Hearn was the minister there, and he was captivated by the experience. Dan

joined our Center in 1995. Over the years, he has volunteered in the bookstore and at the Holiday Craft Faire. Currently he serves in the Center's finance department, where he posts the weekly identified tithing and occasionally helps Anne Galbraith with a project. Dan says, "It is my great pleasure to be of service." Thank you, Dan, for the gifts you give so lovingly.

Got Rides?

Our center has several evening programs. Are you available to offer a ride to someone who is uncomfortable driving at night? Of special interest is next month's Wednesday Night free class on *Healing through Wholeness*, from 7 to 8 pm. If you can offer a ride for one or more of these Wednesday evenings or are in need of a ride, please post on the center's Facebook page, *Rideshare to the Center for Spiritual Living, Santa Rosa*.



Author Event

Edward Viljoen

Fri., June 14, at 7 pm.

Dr. Edward will discuss his new book, *The Bhagavad Gita: The Song of God Retold in Simplified English*. This is a free event. No

need to register.

Annual Picnic Sunday, June 16

We are recruiting volunteers for our annual picnic. Stop by the Volunteer Table to choose a task such as clean up, set up, or cooking.

Bilingual Conference

Chapala, Mexico • August 6-10

Join Dr. Edward Viljoen and Julie Burns, RScP, in Chapala, Mexico for the 2019 bilingual Science of Mind conference. You will connect with like-minded souls from Latin America, the United States, and Canada. Information is available in the Social Hall and also at www.vidaespiritual.org.



2075 Occidental Road
Santa Rosa CA 95401

Phone: 707-546-4543 • www.cslsr.org

Office Hours

Mon. Tue. Wed., 10 am to 5 pm
Sat., 10 am to 1 pm
Closed Thurs., Fri., and Sun.

Sunday Morning Services

8:30 am • 10 am • 11:30 am

After Service Prayer in Grinton Chapel

9:30 am • 11 am • 12:30 pm

Youth Program

10 am and 11:30 am, Rooms 1 & 2

Teen Group

11:15 am, Room 11 (North Wing)

Wednesday Night Wisdom

7 pm, Waggoner Hall (North Wing)

Meditation

in Richard Leo Meditation Room

Sunday, 9:35 to 9:50 am

Saturday, 10 am

Ernest Holmes Lending Library

Open Sunday 9 am to 1 pm

Dial-a-Thought: 707-544-5423

Heart-in-Hand Spiritual Support

Hospital & Home Visits

Grief & Loss Spiritual Support

707-546-4543 ext. 370

Telephone Prayer Ministry

707-546-4561

Online Prayer Requests

www.cslsr.org → Quick Links →

Make an Online Prayer Request

Affirmative Prayer Library

www.cslsr.org → Support tab

Listen to Dr. Edward

on KSRO radio (1350 AM/103.5 FM)

Sunday mornings at 8:30 am

Stepping Stones Books and Gifts

707-527-8372

Store Hours

Sunday 9:30 am to 1:30 pm

Mon. – Tue., 11 am to 5 pm

Wed., 11 am to 7 pm

Closed Thur., Fri., and Sat.

www.steppingstonesbooksandgifts.org

Member Assistance Program

707-546-4543 ext. 111